

# Iowa Legislative Health Care Coverage Commission

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## Workgroup IV Wellness 2010 Report

- **Members**

Mr. Joe Teeling (Chairperson)

Ms. Betty Ahrens

Ms. Jennifer Browne

Dr. David Carlyle

Ms. Diane Crookham-Johnson

Mr. Bruce Koepl

Mr. Tom Newton, Director, Iowa Department of Public Health (Ex-Officio). Ms. Angie Doyle Scar attended the meetings as Mr. Newton's alternate.

- **Workgroup Web Page**

<http://www.legis.state.ia.us/aspx/Committees/Committee.aspx?id=509>

- **Charge**

Workgroup IV was created during the spring of 2010 to concentrate on the benefits that sustainable behavioral change, at the population level, can provide to help control health care costs. The workgroup will also examine the ramifications if each employer in the state with more than ten employees is required to adopt and maintain a cafeteria plan that satisfies section 125 of the Internal Revenue Code of 1986.

- **2010 Workgroup Meetings and Focus**

Workgroup IV met on three occasions through November 10, 2010.

- **September 29, 2010.**

Workgroup IV with Chairperson Joe Teeling, held its first meeting on September 29, 2010. The workgroup discussed its charge and then was provided with four separate presentations. Ms. Kala Shipley of the Iowa Department of Public Health provided information about *Iowans Fit for Life* and the *Iowa Nutrition Network*. Ms. Angie Doyle Scar, also from the Department of Public Health, discussed the work of the Department's Prevention and Chronic Care Advisory Council. Ms. Doyle-Scar provided workgroup members with two issue briefs, *Disease Registry* and *Chronic Disease Management*. Mercy Medical Center provided a presentation entitled *Mercy Medical Center's Workforce Health Initiative*. Mr. John Ratelle gave a presentation *Changing Behavior: How to Bend the Cost Trend of Your Health Plan* on the wellness initiatives provided by the Minneapolis firm Bennicomp. Ms. Jennifer Webster presented information in the ONEBODY<sup>3</sup> wellness initiatives.

- **October 12, 2010.**

Workgroup IV with Chairperson Teeling, held its second meeting on October 12, 2010. The workgroup was provided with two separate presentations. Mr. Vernon Delpesce, the President and CEO of the YMCA of Greater Des Moines discussed the YMCA's Greater Des Moines Healthy Living Center and the YMCA's central Iowa wellness initiatives. Mr. Jacob Velie, the CEO of the Preventative Health Group gave a presentation entitled *The Preventative Health Sciences Clinic - Corporate Wellness and Intervention Programs*.

- **October 29, 2010.**

Workgroup IV with Chairperson Teeling held its third meeting on October 29, 2010. The workgroup heard from six separate presentators:

- ▶ Nicole Bruce, Health Initiatives Director - Live Healthy Iowa
- ▶ Laura Jackson, EVP, Health Care Strategy & Policy, Wellmark – “Making The Healthiest Choice The Easy Choice”
- ▶ Beth Jones, Medical Home Advisory Council Coordinator – Iowa
- ▶ Department of Public Health
- ▶ Mike Vasquez, CEO, St. Gregory Centers – “St. Gregory Centers, Inc.”
- ▶ Dan Keuter, CEO, United Healthcare of Iowa and Central Illinois – “Federal Health Care Cost Containment – How in Practice Can it be Done? Options with a real world track record of success”

The Iowa Department of Public Health also provided some specific policy recommendations for the Workgroup to consider:

#### **IDPH Policy Recommendations for Workgroup IV Wellness**

- ▶ Ensure that all Iowans have access to a place where they can be physically active and purchase healthy foods by supporting private and public funding as well as policy and environmental changes that achieve these goals.
- ▶ Increase coverage of comprehensive primary care to include obesity monitoring and prevention.
- ▶ Support care coordination training and motivational interviewing training for medical providers through private and public funding.
- ▶ Support reimbursement for nutritional counseling by a registered dietitian if the primary care provider is unable to provide the additional service.
- ▶ Promote the Baby-Friendly Hospital initiative for Iowa supported by the World Health Organization and the United Nations Children's Fund.
- ▶ Expand the IDPH I-Smile™ initiative to include maternal health programs and nursing homes to reach more at-risk populations and prevent disease.
- ▶ Increase funding for reimbursable school lunch.
- ▶ Support a phased-in approach for daily, quality physical education in schools.
- ▶ Support the Small Business Qualified Wellness Tax Credit Plan [http://www.idph.state.ia.us/hcr\\_committees/common/pdf/physical\\_fitness/tax\\_credit\\_plan.pdf](http://www.idph.state.ia.us/hcr_committees/common/pdf/physical_fitness/tax_credit_plan.pdf) for small businesses not eligible to receive a grant to provide comprehensive workplace wellness programs (Sec. 10408 of the Affordable Care Act).
- ▶ Educate on the need for and encourage use of reminder systems in primary care health settings to increase the number of Iowans who receive recommended preventive health screenings by supporting policy change.

- **Workgroup Materials**

Information gathered by the Workgroup is available at the Workgroup's web page: [www.legis.state.ia.us/Current/Interim](http://www.legis.state.ia.us/Current/Interim). A list of the materials is attached to this report as Attachment 1.

#### **Workgroup IV Recommendations**

Workgroup IV will be preparing its recommendations to the Commission for presentation at the Commission's meeting in December 2010.

# Iowa Legislative Health Care Coverage Commission

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## Attachment 1

### List of Materials Distributed to Workgroup IV in 2010

All documents are available at the Workgroup's Web site: <http://www.legis.state.ia.us/Current/Interim/>

**Please Note:** *The documents distributed at or in connection with committee meetings of the Iowa General Assembly are generally submitted by public and private entities not under the control of the General Assembly or by staff of the General Assembly. Their inclusion does not constitute an endorsement of their contents by the General Assembly. An entity submitting copyrighted materials remains responsible for maintaining the fair use of those materials.*

- 10/29/2010 - Bio for Michael Vasquez, St. Gregory Retreat Center's CEO
- 10/29/2010 - Coverage for Consumers, Savings for States- Options for Modernizing Medicaid, from UnitedHealthcare
- 10/29/2010 - Disease Registry Issue Brief, June 2010, from DPH
- 10/29/2010 - Federal Health Care Cost Containment - How in Practice Can it be Done, from UnitedHealthcare
- 10/29/2010 - Health Care Cost Containment - How Technology Can Cut Red Tape and Simplify Health Care Administration, from UnitedHealthcare
- 10/29/2010 - I-Smile Dental Home Initiative, from DPH
- 10/29/2010 - I-Smile Information, from DPH
- 10/29/2010 - Iowa Recommendations for Scheduling Care for Kids Screenings, from DPH
- 10/29/2010 - Letter from UnitedHealthcare to Centers for Medicare and Medicaid Services
- 10/29/2010 - Making the Healthiest Choice the Easy Choice - Wellmark
- 10/29/2010 - Medical Home System Advisory Council PPT
- 10/29/2010 - Medical Home System Advisory Council Progress Report 2, from DPH
- 10/29/2010 - National School Lunch Program, from DPH
- 10/29/2010 - Patient-Centered- What Does it Look Like, Issue Brief, April 2010, from DPH
- 10/29/2010 - Policy Recommendations for Workgroup IV Wellness, from DPH
- 10/29/2010 - St Gregory Legislative Presentation
- 10/29/2010 - What is the Baby-Friendly Hospital Initiative and why do we need it? from DPH
- 10/12/2010 - Corporate Wellness and Intervention Programs - Preventive Health Services Clinic
- 10/12/2010 - YMCA Healthy Living Center Info
- 10/4/2010 - Community Strategies Guide
- 10/4/2010 - IHBA Presentation to Exchange Workgroup - by Paul Pietzsch
- 10/4/2010 - Prevention and Chronic Care Management First Report
- 9/29/2010 - Benicomp Advantage Introduction and FAQ's August 15th, 2010
- 9/29/2010 - Bureau of Nutrition and Health Promotion - IDPH - Kala Shipley

- 9/29/2010 - Changing Behavior - How to Bend the Cost Trend of Your Health Plan - John Ratelle - Benicomp Risk Solutions
- 9/29/2010 - FirstSolutions News Release - April 21, 2010
- 9/29/2010 - IDPH - Iowa Nutrition Network
- 9/29/2010 - IDPH - Iowans Fit for Life
- 9/29/2010 - Issue Briefs - Angie Doyle Scar - IDPH
- 9/29/2010 - Mercy Medical Center's Workforce Health Initiative
- 9/29/2010 - Onebody3 Business Model for Wellness - Jennifer Webster
- 9/29/2010 - Prevention and Chronic Care Management Advisory Council - Angie Doyle Scar - IDPH
- 9/29/2010 - Sample Result Letter - Benicomp
- 9/29/2010 - Screening Summary Sample Group 2008
- 9/29/2010 - YOY BCA Impact